

Haylee Skow is a certified yoga instructor with the Balance School of Yoga. She has been practicing yoga for about 10 years and has been a certified instructor for almost 3.

An outdoor enthusiast, Haylee shares her love of nature with her husband Joe and their three dogs. Her hobbies include cycling, kayaking, spending time with loved ones, and restoring their old house back to its original greatness.

Haylee loves watching clients grow in their yoga practice and crush their goals in the gym. Her classes offer a mix of hatha/vinyasa flows, yin/restorative transitions, and breath/meditation practices; her passion and energy have created an environment that is not only warm and welcoming, it's somewhat addictive as well. From beginners to more advanced yogis, there is a space for everyone in Haylee's class. It is through yoga that she is able to serve in a unique capacity and empower others to be their very best.